

## 411

### Inappropriate Nutrition Practices for Infants

**Definition/  
cut-off value**

Routine use of feeding practices that may result in impaired nutrient status, disease, or health problems. These practices, with examples, are outlined below. Refer to “Attachment to 411-Justification and References” for this criterion.

**Participant  
category and  
priority level**

**Category**

Infants

**Priority**

IV

Inappropriate Nutrition Practices for Infants	Examples of Inappropriate Nutrition Practices (including but not limited to)
411.1 Routinely using a substitute(s) for breast milk or for FDA approved iron-fortified formula as the primary nutrient source during the first year of life.	<p>Examples of substitutes:</p> <ul style="list-style-type: none"> <li>▪ Low iron formula without iron supplementation;</li> <li>▪ Cow’s milk, goat’s milk, or sheep’s milk (whole, reduced fat, low-fat, skim), canned evaporated or sweetened condensed milk; and</li> <li>▪ Imitation or substitute milks (such as rice- or soy-based beverages, non-dairy creamer), or other “homemade concoctions.”</li> </ul>
411.2 Routinely using nursing bottles or cups improperly.	<ul style="list-style-type: none"> <li>▪ Using a bottle to feed fruit juice.</li> <li>▪ Feeding any sugar-containing fluids, such as soda/soft drinks, gelatin water, corn syrup solutions, sweetened tea.</li> <li>▪ Allowing the infant to fall asleep or be put to bed with a bottle at naps or bedtime.</li> <li>▪ Allowing the infant to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier.</li> <li>▪ Propping the bottle when feeding.</li> <li>▪ Allowing an infant to carry around and drink throughout the day from a covered or training cup.</li> <li>▪ Adding any food (cereal or other solid foods) to the infant’s bottle.</li> </ul>
411.3 Routinely offering complementary foods* or other substances that are inappropriate in type or timing.  <i>* Complementary foods are any foods or beverages other than breast milk or infant formula.</i>	<p>Examples of inappropriate complementary foods:</p> <ul style="list-style-type: none"> <li>▪ Adding sweet agents such as sugar, honey, or syrups to any beverage (including water) or prepared food, or used on a pacifier; and</li> <li>▪ Any food other than breast milk or iron-fortified infant formula before 4 months of age.</li> </ul>

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<p>411.4 Routinely using feeding practices that disregard the developmental needs or stage of the infant.</p>	<ul style="list-style-type: none"> <li>▪ Inability to recognize, insensitivity to, or disregarding the infant's cues for hunger and satiety (e.g., forcing an infant to eat a certain type and/or amount of food or beverage or ignoring an infant's hunger cues).</li> <li>▪ Feeding foods of inappropriate consistency, size, or shape that put infants at risk of choking.</li> <li>▪ Not supporting an infant's need for growing independence with self-feeding (e.g., solely spoon-feeding an infant who is able and ready to finger-feed and/or try self-feeding with appropriate utensils).</li> <li>▪ Feeding an infant foods with inappropriate textures based on his/her developmental stage (e.g., feeding primarily pureed or liquid foods when the infant is ready and capable of eating mashed, chopped or appropriate finger foods).</li> </ul>
<p>411.5 Feeding foods to an infant that could be contaminated with harmful microorganisms or toxins.</p>	<p>Examples of potentially harmful foods:</p> <ul style="list-style-type: none"> <li>▪ Unpasteurized fruit or vegetable juice;</li> <li>▪ Unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese;</li> <li>▪ Honey (added to liquids or solid foods, used in cooking, as part of processed foods, on a pacifier, etc.);</li> <li>▪ Raw or undercooked meat, fish, poultry, or eggs;</li> <li>▪ Raw vegetable sprouts (alfalfa, clover, bean, and radish); and</li> <li>▪ Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot).</li> </ul>
<p>411.6 Routinely feeding inappropriately diluted formula.</p>	<ul style="list-style-type: none"> <li>▪ Failure to follow manufacturer's dilution instructions (to include stretching formula for household economic reasons).</li> <li>▪ Failure to follow specific instructions accompanying a prescription.</li> </ul>
<p>411.7 Routinely limiting the frequency of nursing of the exclusively breastfed infant when breast milk is the sole source of nutrients.</p>	<p>Examples of inappropriate frequency of nursing:</p> <ul style="list-style-type: none"> <li>▪ Scheduled feedings instead of demand feedings;</li> <li>▪ Less than 8 feedings in 24 hours if less than 2 months of age; and</li> <li>▪ Less than 6 feedings in 24 hours if between 2 and 6 months of age.</li> </ul>
<p>411.8 Routinely feeding a diet very low in calories and/or essential nutrients.</p>	<p>Examples:</p> <ul style="list-style-type: none"> <li>▪ Vegan diet;</li> <li>▪ Macrobiotic diet; and</li> <li>▪ Other diets very low in calories and/or essential nutrients.</li> </ul>

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411.9 Routinely using inappropriate sanitation in preparation, handling, and storage of expressed breastmilk or formula.	<p>Examples of inappropriate sanitation:</p> <ul style="list-style-type: none"><li>▪ Limited or no access to a:<ul style="list-style-type: none"><li>– Safe water supply (documented by appropriate officials),</li><li>– Heat source for sterilization, and/or</li><li>– Refrigerator or freezer for storage.</li></ul></li><li>▪ Failure to properly prepare, handle, and store bottles or storage containers of expressed breastmilk or formula.</li></ul>
411.10 Feeding dietary supplements with potentially harmful consequences.	<p>Examples of dietary supplements, which when fed in excess of recommended dosage, may be toxic or have harmful consequences:</p> <ul style="list-style-type: none"><li>▪ Single or multi-vitamins;</li><li>▪ Mineral supplements; and</li><li>▪ Herbal or botanical supplements/remedies/teas.</li></ul>
411.11 Routinely not providing dietary supplements recognized as essential by national public health policy when an infant's diet alone cannot meet nutrient requirements.	<ul style="list-style-type: none"><li>▪ Infants who are 6 months of age or older who are ingesting less than 0.25 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride.</li><li>▪ Infants who are exclusively breastfed, or are ingesting less than 1 liter (or 1 quart) per day of vitamin D-fortified formula, and are not taking a supplement of 400 IU of vitamin D.</li></ul>